

Healthy “Fries”

- ½ medium rutabaga, peeled and sliced into ¼ inch thick strips
 - ½ large sweet potato, cut into ¼ inch strips
 - ½ very large beet, peeled and sliced into ¼ inch strips
 - 1 large turnip peeled and cut into ¼ inch strips
 - vegetable oil cooking spray
 - 1 tablespoon dried thyme
 - 1 tablespoon dried rosemary
 - 1 teaspoon black pepper
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- Pre heat oven to 375°F.
 - Place vegetable strips onto a foil lined baking pan. Lightly coat the vegetables with cooking spray and sprinkle with thyme, rosemary and pepper.
 - Bake for 20-30 minutes and serve warm.

Servings: 4

Nutrition values per serving: 61 calories, 12 g carbohydrate, 3 g fiber, 2 g protein, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 62 mg sodium